



## Savory Parmesan Spinach-Artichoke Dip

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 oz philadelphia cream cheese softened
- 10 oz pkt spinach frozen thawed drained chopped well
- 0.5 tsp garlic powder
- 12 oz marinated artichoke hearts drained chopped
- 0.5 cup parmesan cheese grated kraft
- 0.5 cup mozzarella cheese shredded kraft

### Equipment

- oven

baking pan

## Directions

Heat oven to 350F.

Mix ingredients until blended.

Spoon into shallow baking dish sprayed with cooking spray.

Bake 20 min. or until heated through.

## Nutrition Facts

**PROTEIN 13.35%** **FAT 74.54%** **CARBS 12.11%**

## Properties

Glycemic Index:1.97, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:4.3934782957253%

## Nutrients (% of daily need)

Calories: 54.46kcal (2.72%), Fat: 4.56g (7.01%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.48g (0.53%), Cholesterol: 10.56mg (3.52%), Sodium: 114.72mg (4.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.67%), Vitamin K: 35.38µg (33.7%), Vitamin A: 1350.05IU (27%), Calcium: 45.99mg (4.6%), Folate: 14.64µg (3.66%), Vitamin C: 2.9mg (3.52%), Manganese: 0.07mg (3.49%), Selenium: 2.13µg (3.04%), Phosphorus: 30.11mg (3.01%), Vitamin B2: 0.05mg (2.92%), Vitamin E: 0.35mg (2.34%), Magnesium: 8.76mg (2.19%), Fiber: 0.51g (2.02%), Iron: 0.29mg (1.6%), Zinc: 0.22mg (1.46%), Potassium: 47.78mg (1.37%), Vitamin B12: 0.08µg (1.36%), Vitamin B6: 0.02mg (1.17%)